



## ABDOMINAL BRACING - TA ACTIVATION

While lying on your back, press your low back into the floor as you tighten your stomach muscles moving your navel down towards the floor. Place your thumbs 2 inches inward from your pelvic bone so that you can feel the muscle contracting.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



## ABDOMINAL BRACE WITH HEEL SLIDES

While lying on your back with your knees bent, slowly slide your heel forward on the floor/bed and then slide it back. Use your stomach muscles to keep your spine from moving.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



Video # XV6N8Y2PY



## ABDOMINAL BRACE WITH ALTERNATE ARM AND LEG MOVEMENTS

While lying on your back with your knees and hips bent to 90 degrees, tighten your stomach.

At the same time raise your arm and opposite leg.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



Video # XVG98736Z

## BRIDGING

While lying on your back with knees bent, tighten your lower abdominal muscles, and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Video # XVYLFL9EN

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



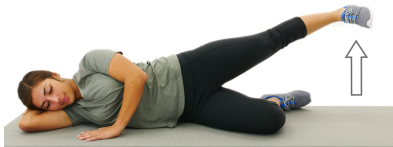
## HIP ABDUCTION - SIDELYING

While lying on your side, tighten your core muscles then slowly raise up your top leg towards the sky. Keep your leg in-line with your body.

The bottom leg can be bent or straight to stabilize your body.

Video # XVBDWKSHN

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



## SIDE LYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, tighten your core muscles then raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

Do not let your pelvis roll back during the lifting movement.

Video # XVEFZEUH7

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week





**QUADRUPED ALTERNATE ARM AND LEG:**  
**While on your hands and knees, tighten/**  
**brace at your abdominal muscles and then**  
**slowly lift a leg and opposite arm upwards.**

Maintain a level and stable pelvis and spine  
the entire time.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



Video # XVCBU6UJS